LISTING OF CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in this application.

1 –19. (canceled)

20. (currently amended) An intervertebral disk prosthesis comprising:

a longitudinal, flexible homogenous member adapted to be wound in a spiral shape, and having an exterior end and an interior end;

wherein the width of the member decreases from a first point located between the ends to the interior end.

21. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the width of the member decreases continuously from the first point to the interior end.

22. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the width of the member decreases continuously from the first point to the exterior end.

23. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the width of the member decreases from a second point located between the first point and the exterior end toward the exterior end.

24. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member comprises substantially convex upper and lower surfaces.

25. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member is suitable for placement between adjacent vertebral bodies.

26. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member in a spiral-wound unloaded state, the intervertebral disk prosthesis further comprises a gap between a first spiral turn of the member and a second spiral turn of the member.

27. (previously presented) The intervertebral disk prosthesis of claim 26, wherein the gap is at least about 0.4 mm wide.

28. (previously presented) The intervertebral disk prosthesis of claim 26, wherein the gap is no more than about 1.0 mm wide.

29. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member comprises an upper surface having a surface area between about 250 mm2 and about 750 mm2.

30. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member further comprises a hydrogel.

31. (currently amended) The intervertebral disk prosthesis of claim 32 ~~20~~, wherein the member is manufactured using an injection-molding process~~, and wherein the member further comprises an injection point positioned near the interior end~~.

32. (currently amended) An intervertebral disk prosthesis comprising:

a longitudinal, flexible homogenous member adapted to be wound in a spiral shape, and having an exterior end and an interior end;

wherein the width of the member decreases from a first point located between the ends to the interior end; and

~~The intervertebral disk prosthesis of claim 31,~~ wherein when the member is spiral-wound, the member further comprises an upper surface and ~~wherein~~ an injection point, the injection point is located near the interior end in a recess in the upper surface.

33. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member is radioopaque.

34. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member further comprises radioopaque components.

35. (previously presented) The intervertebral disk prosthesis according to claim 20, wherein the exterior end of the member is adapted to allow the member to be gripped by an insertion instrument.

36. (previously presented) The intervertebral disk prosthesis according to claim 20, wherein the height of the member is larger at the interior end than at the exterior end.

37. (previously presented) An intervertebral disk prosthesis comprising:

a longitudinal, flexible member adapted to be wound in a spiral shape, and having an exterior end and an interior end, and an injection point positioned near the interior end;

wherein the member is manufactured using an injection-molding process.

38. (new) A prosthesis having a longitudinal central axis, the prosthesis being sized and configured for insertion between first and second adjacent vertebral bodies, the prosthesis comprising:

a longitudinal, flexible homogenous member adapted to be wound in a spiral shape, the longitudinal, flexible homogenous member having an exterior end, an interior end and a cross-sectional width, the cross-sectional width being substantially perpendicular to the to the longitudinal axis of the prosthesis, the interior end of the longitudinal, flexible homogenous member being sized and configured to form a relatively flexible zone;

wherein the width of the member decreases from a first point, located between the interior and exterior ends, to the interior end.

39. (new) The prosthesis of claim 38, wherein the cross-sectional width of the member at the first point is between about 100% to about 300% wider than the cross-sectional width at the interior end.

40. (new) The prosthesis of claim 38, wherein the decreasing cross-sectional width of the member from the first point to the interior end occurs continuously.

41. (new) The prosthesis of claim 38, wherein the cross-sectional width of the member further decreases from said first point to the exterior end.

42. (new) The prosthesis of claim 41, wherein the cross-sectional width of the member at the first point is between about 100% to about 300% wider than the cross-sectional width at the interior and exterior ends.

43. (new) The prosthesis of claim 41, wherein the decreasing cross-sectional width of the member from the first point to the exterior end occurs continuously.

44. (new) The prosthesis of claim 38, wherein the cross-sectional width of the member further decreases from a second point to the exterior end, wherein the second point is located between said first point and said exterior end.

45. (new) The prosthesis of claim 38, wherein the prosthesis further comprises a height measured vertically with respect to the central axis, the height decreasing from said interior end to said exterior end.

46. (new) The prosthesis of claim 38, wherein the prosthesis further comprises a plurality of gaps located between individual layers of the longitudinal, flexible homogenous member.

47. (new) The prosthesis of claim 46, wherein each of said gaps is between about 0.5 mm and about 0.8 mm.

48. (new) The prosthesis of claim 38, wherein the prosthesis is made from a hydrogel.

49. (new) The prosthesis of claim 38, wherein the prosthesis is made from an injection-molding process.

50. (new) The prosthesis of claim 38, wherein the prosthesis further includes an injection point.

51. (new) The prosthesis of claim 50, wherein the injection point is adjacent the interior end.

52. (new) The prosthesis of claim 50, wherein the injection point is located in a recess formed at the interior end of the member.

53. (new) The prosthesis of claim 38, wherein the prosthesis further comprises an outer circumference, the exterior end of the prosthesis comprises an individual layer of the longitudinal,

flexible homogenous member, the layer extending about 360 degrees around the outer circumference of the prothesis.

54. (new) The prosthesis of claim 53, wherein the individual layer of the longitudinal, flexible homogenous member forming the outer circumference of the prosthesis has a cross section width that is lesser than the cross-sectional width of the inner layers.

55. (new) The prosthesis of claim 38, wherein the exterior end of the member includes a plurality of indentations for gripping the prosthesis